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Community Spotlight Laramie County Healthy Vision Project

by Marty Schad, Laramie County Healthy Vision Project, Cheyenne, WY

Cheyenne Health and Wellness Center (CHWC) is proud to have the opportunity to announce the inception of a new program titled, "Laramie County Healthy Vision Project." This new program has been made possible through the following sponsors: receipt of a grant from Social and Health Services, Ltd., as part of the 2010 Healthy People Initiative; extremely generous contributions from the three local Cheyenne Lions Clubs to purchase the necessary examination equipment; equally generous local optometrists, in association with the Wyoming Optometric Association, willing to donate their time and expertise for eye health exams and treatment options for qualifying individuals; and the important collaboration with the Diabetes Prevention and Control Program with the Wyoming Department of Health.

The program is designed to provide access to eye health exams for individuals that might not otherwise be able to receive these services for reasons such as inability to afford regular vision care and lack of vision-specific medical coverage. Individuals must meet eligibility criteria prior to acceptance into the program. The initial focus concerns diabetic retinopathy

and concentrates on detection, education, and possible treatment for qualifying individuals referred by local providers with a specific diabetes diagnosis or strong pre-diabetes concerns.

Cheyenne Health and Wellness Center hopes this program can be a solid foundation for expansion and further community collaboration in an effort to meet the growing vision needs of the individuals we serve.

For more information about the Laramie County Healthy Vision Project, contact Marty Schad at Cheyenne Health and Wellness Center at (307) 635-3618.



Left to right: Diane Martin, President, Cheyenne (Noon) Lions Club; Wes Mutchler, President, Frontier Lions Club; Kevin Rice, Trustee for Lions of Wyoming Foundation; Nancy White, First VP, Sunrise Lions; David Orr, Executive Director, Lions of Wyoming Foundation; Marty Schad, Case Manager, Laramie Co. Healthy Vision Project

cardiac corner

Integrating a new look

by Paul Knepp, HDS Program Coordinator, Department of Health

Over the past summer, I attended several meetings and conferences in which many of you were also in attendance. There was a common theme brought up during conversations—are there more ways we can work together? Working together would save us all time, money, and energy. In agreement, I explained that at the Department of Health during the past year we have been striving to integrate projects. We all agree, chronic diseases as a whole have many common risk factors that when one is controlled, the benefits can impact each of the chronic diseases.

On a side note, we (and you in the trenches) are not the only ones working together to reduce the impact of chronic diseases through integration. The European Society of Cardiology (ESC) and the European Association for the Study of Diabetes (EASD) recently issued aggressive guidelines for coronary heart disease and diabetes. They recognized that cardiovascular disease and diabetes are like two sides of a coin and 65-70% of patients with coronary heart disease also suffer from diabetes or pre-diabetes.

The initial recommendations were made by a panel of 14 experts from both organizations and from all over Europe. After close scrutiny, the



ESC and EASD have made a total of 72 recommendations. The current interdisciplinary guidelines have been distributed and are in use hoping to optimize the quality of care for their common patients. Once the final study is reviewed by U.S. experts, I can only hope this method of treating chronic diseases will be adopted. The complete article with a complete

list of the key messages can be found at http://www.diabetesincontrol.com/modules.php?
name=News&file=print&sid=4203.

Not everything can be taken for granted...

by Paul Knepp, HDS Program Coordinator, Department of Health
The other day my neighbor called me at work
announcing the results of his recent liver function tests.
He opened the conversation with a simple statement,

"Paul, is 370 good or bad for cholesterol?" Holy Cow! I told him he had better be going on some medications soon, as that was way too high. I also started explaining the need for exercise and diet modification. I specifically told him he needed to add more salads to his diet and cut back on the fatty foods. His reply to me was he makes sure the lettuce, onion, and tomatoes are always on his hamburger. When we addressed the exercise issue, he gave me the usual excuse of "no time," but that he does work hard on his cars and gets out of breath so he is exercising. I was absolutely floored. This is a man who spent over 20 years in the military, has a

bachelor's degree, and just finished the law enforcement academy. I guess I figured a well educated person would be more informed, but that just isn't always

the case. Needless to say, I took a bunch of educational materials to his home, sat with him and his wife and explained the need for him to change his lifestyle, and did it in the most basic of terms.

Now I remember why people don't always do what the doctor tells them—they don't understand. When my neighbor got his test results, the doctor told him they were high and he needed to stop by the pharmacy, pick-up his medicine and repeat the blood test in three months. That was it!

This isn't a fictional story, it really did happen. My neighbor really does have hypercholesterolemia. Now with a little patience, both he and his wife understand the ramifications of not controlling it. I thought you might like to know you are not alone out there when trying to get through to your patients. There is a moral to this story and I think the title says it all.



Public Health Nursing: A key partner in diabetes prevention and education

Public Health Nursing plays a key role in diabetes prevention and education in many Wyoming counties. In some communities Public Health Nursing is an active partner with the local ADA-recognized diabetes education center. In other areas where there is no formal diabetes education center, Public Health Nursing is the primary source of diabetes education and information in the community. The following Public Health Nursing offices have provided a brief report on their diabetes education and prevention activities.

Fremont County...

Submitted by Cindy Herrera, RN, CDE

"We provide 1:1 education on all aspects of diabetes self management for Fremont County residents. We have also helped with the support groups when needed. We hold A1C clinics every 3rd month to provide finger stick, immediate result A1C's for our clients to stay in good control. Currently, approximately 120 people attend those clinics. Our next A1C clinic in December will offer flu and pneumonia immunizations as well. We use the DQCMS software to track our A1C tests." For more information, contact Cindy Herrera, RN, CDE at (307)332-1073; or Julie Twist, RN, at (307)865-6979.

Lincoln County...

Submitted by Louise Hughes, RN, and Suzanne Pearson, RN "Two years ago Lincoln County Public Health purchased a nationally recognized diabetes education curriculum, and began a partnership with South Lincoln Medical Center in Kemmerer to provide monthly education and support for the residents of our communities. LCPH's MaryAnn Putnam, RN, and SLMC's Lynn Rogers, RN, facilitate the group meetings while guest speakers present the material. This partnership between the hospital and Public Health was so successful the material is also now offered in Cokeville and LaBarge as well.



The program was also duplicated in January of 2005 in Star Valley. Star Valley Medical Center and Public Health held their first monthly diabetes support group with 12 participants. That has continued monthly with local health care providers Ed Henry, Nurse Practioner, and

Doug Lyttel, P.A., team teaching the material. Ed Henry continues teaching this year. Doug Lyttel has moved away from the area. Ed has done a tremendous job keeping clients interested. We've had between 12 and 18 clients attending each session. Because

County encompasses so much area, meetings alternate between Afton and Thayne, with a different group in each location. As soon as we can locate another instructor, we plan to split the support group so both Thayne and Afton can meet each month with their own group.

Clients have expressed satisfaction with the curriculum which includes a PowerPoint presentation and handouts. Through the 2005 holidays, Stella McKinstry of the University of Wyoming Cooperative Extension Service, presented biweekly Cooking with Diabetics nutrition classes. These hands-on dinners with PowerPoiLincoln nt training were enthusiastically received." For more information, contact Suzanne Pearson, RN, Manager, Lincoln County Public Health, 925 Sage Ave., Ste. 106, Kemmerer, WY 83101, phnpearso@state.wy.us, 307-877-3780.

Park County...

Submitted by Ruth Edge, RN

"In Park County, we have tried to identify any gap in the diabetes education, which is otherwise filled by our very skilled diabetes educators through the hospital in Powell and the clinic/hospital in Cody.

In the past few years, we have tried to connect kids with diabetes in the schools to each other, working with the school nurses, and with a little bit of grant funding to do activities and peer education. We tried to encourage the older kids to be mentors to the younger ones and that happened during the activities, but was difficult to sustain because of being in different schools and the busy schedules of students in middle and high school.

Another group identified were Hispanics who are at increased risk of developing diabetes. Partnering with the Migrant Health Program, we set up evening education sessions with an interpreter and made Spanish materials available. Cooking demonstrations with ethnic foods were a favorite! The other group targeted was women with gestational diabetes because the diabetes educators rarely received referrals for these women, approximately 12/year in our county. Educational materials were purchased and made available to providers, along with reminders of the services available from local diabetes educators." For more information, please contact Ruth Edge, RN, Park County Public Health, 109 West 14th Street, Powell, WY 82435, redge@parkcounty.us, 307-754-8877.

Platte County...

Submitted by Kathy McGuire, RN

"Platte County Public Health sponsors a Diabetes Support Group which meets the third Tuesday of the month at the Platte County Library at 7:00 pm. They have always been well attended and this is the fifth year we have sponsored the Diabetes Support Group with great success. We will also have our Fourth Annual Diabetes Health Fair on May 15, 2007. I am always looking for new ideas for the Support Group and also the Health Fair. If anyone has any ideas for our health fair, or would like to set up a table, please let me know.

Wheatland only has one medical clinic, and the local hospital no longer has a diabetes education program; therefore, all newly diagnosed patients with diabetes are referred to Public Health for diabetes education." For more information, please contact Kathy McGuire, RN, Platte County Public Health, 718 9th St., Wheatland, Wyoming 82201, 307-322-2540, phnmcguir@state.wy.us.

Uinta County...

Submitted by Merrillee Francom, RN

"In Uinta County, Public Health is the only agency that provides Diabetes Education. Clients can call public health or

are referred by local medical providers for a free educational consult. A nurse will sit down with clients for about 45 minutes and go over several items pertaining to diabetes. Clients will be given a copy of this worksheet along with a CDC "Take Charge of Your Diabetes" Book and various handouts and pam-

phlets. Using local donations, a pedometer or dynaband may be given to clients, along with a Reli-On brand glucometer and one box of strips, if the client has no insurance. Clients are all referred to a dietician for meal planning and for those with limited income, we work with a dietician who counsels them at no charge.

Uinta County Public Health also does educational consults at no charge for persons with Pre-Diabetes. Again, we use a flow sheet to go over information and give this to the client along with a pre-diabetes workbook, pamphlets, handouts, and a pedometer when available. Clients are referred to a dietician for meal planning. We pick up a lot of pre-diabetes clients after the local health fair when clients receive their blood results. Public Health has a booth at the health fair to offer information as clients pick up their lab results.

Public Health also sponsors a quarterly Diabetes Support Group and invites special speakers to address various diabetes concerns. We are grateful for the support from the Wyoming Diabetes Prevention and Control Program in supplying us with books and pamphlets. We also appreciated the opportunity to receive grant funds from them to help us purchase workbooks and educational supplies. We are fortunate to have some local limited charity funds we use to purchase pedometers, glucometers and strips." For more information, please contact Merrillee Francom R.N., Health Educator, Uinta County Public Health, 350 City View Drive #101, Evanston, WY 82930, 307-789-9203, mefrancom@uintacounty.com.

Washakie County...

Submitted by Lori Schaal, RN

"On November 2, 2006, Washakie Medical Center is sponsoring a diabetes health fair with a variety of booths highlighting a variety of issues related to diabetes. Washakie County Public Health will have a booth and will be giving out Vials of Life. The Vial of Life is a container that is stored in the top of the door of the patient's refrigerator and contains the patient's health and medication information. A red magnet stating Vial of Life inside is placed on the outside of the refrigerator door. If the ambulance is called the EMT's can find this vial and have this vital information available during an emergency.

The Adult Health Clinics, offered every Wednesday at the Public Health office, has quite a following. Bert Seaman is our nurse and she will see anyone who has trouble trimming their toenails. Bert sees up to 15 patients a day and sometimes she has to schedule the "overflow" for the following morning." For more information, please contact Lori Schaal, RN, Nursing Manager, Washakie County Public

Health Washakie County Public Health Nursing, 1007 Robertson, Worland, WY 82401, phnwas@state.wy.us, 307-347-3278.

Collaboration between agencies is important everywhere, but becomes crucial in Wyoming because of our limited resources and frontier healthcare environment. If you are a health care provider involved with diabetes, please continue to explore ways to partner with your local Public Health Nursing office. Together we can provide resources to build healthy communities for people with diabetes and those at risk for diabetes.



If we omitted news about the Public Health Office in your community, it is because we are unaware of it. Please contact Wanda Webb, 307-587-5689 or www.wbb@state.wy.us to bring us up to date with your activities.

Diabetes Prevention & Control Program's welcomes new

Diabetes Health Educator



Introducing Betty Holmes, MS, RD

I'm excited to be joining the team for the Wyoming Diabetes Prevention and Control Program. My name is Betty Holmes and I recently retired from the University of Wyoming after 28 years as an nutrition educator with the Wyoming Cooperative Extension Service. Let me tell you a little about myself. I'm a fourth generation Wyoming na-

tive and I grew up in the Cheyenne area. After graduating from the University of Wyoming (UW), I worked for 10 years in Fremont County and the Wind River Indian Reservation as a county Extension Educator. I then returned to UW to complete a master's degree and become a Registered Dietician. After that, I served for 12 years with the 4-H youth development program. Most recently, I served as the Regional Project Coordinator for the WIN the Rockies community-health program. I was attracted to the Diabetes Health Educator position because of all the dedicated and talented people I met when working on the *Dining with Diabetes in Wyoming* program. I am drawn to a program dedicated to helping others. I have a true passion for helping all of us embrace enjoyable and healthy living.

Great joys in my life include pursuing the wonders of the great Wyoming outdoors with waterskiing, hunting, snow machining, cross-country skiing and hiking, with an extended family of parents/siblings/nephews/friends and my favorite 4-legged Golden Retriever roommate named Cassie.



Upcoming Events

Save the Date

Mid-Year WyADE Meeting April 19 & 20, 2007 Plaza Hotel Thermopolis, WY

Greetings to new WY team members

Please welcome the following new staff to Wyoming's diabetes team:

Sarah Francis, PhD, RD, is the new UW Cooperative Extension Service Nutrition & Food Safety Educator/Family & Consumer Sciences Educator for Carbon and Albany Counties. Sara will be involved with the Dining with Diabetes education program. Sarah's contact information is as follows:

UW Cooperative Extension Service Carbon County Office, Carbon Bldg., Box 280 Rawlins, WY 82301 (307) 328-2642 (307) 328-2646 fax sfranci4@uwyo.edu

Mary Hawkins, APRN, CDE, is a new diabetes educator with United Medical Center in Cheyenne. Mary's contact information is as follows:

Mary M. Hawkins

Cheyenne Regional Medical Center/Diabetes Education 214 East 23rd Street

Cheyenne, WY 82001 307-633-6055

Mary.Hawkins@crmc.org

Mary Tvedt is the new coordinator for the Wyoming Medical Center/Diabetes Care Center in Casper. She is a Registered Dietitian from Glasgow, MT, and she brings 17 years of experience with nutrition, diabetes and WIC programs. Mary, her husband and two children, ages 4 and 9, moved to WY in October. Mary's contact information is as follows: Wyoming Medical Center/Diabetes Care Center 235 South Washington Casper, WY 82601 307-577-2592

mtvedt@wmcnet.org

New program allows medication donations for needy patients

The Wyoming Department of Health's new Medication Donation Program will pave the way for important, potentially life-saving medications that are sometimes thrown away to be donated to a Wyoming resident who needs them.

The voluntary program establishes a process allowing healthcare providers who sign up to accept and dispense qualified donated medications to Wyoming residents. Created by the Wyoming Legislature in the 2005 session, the program will be administered by the Wyoming Department of Health's Office of Pharmacy Services.

"For the first time in Wyoming, patients and their families will be able to donate certain unneeded medications," said State

Pharmacist Roxanne Homar. "These drugs can then be dispensed to another resident, with an appropriate prescription, who lacks the resources to purchase the needed medication."

Homar said an example of where the program can apply is when a patient passes away without using the supply of medications he or she may have had on hand. "That person's family may choose to donate the remaining medications," she explained.

Details of the new program include:

- To be accepted, medications must be in their original, unopened, sealed packaging, or in sealed unit dose, tamper-evident packaging.
- Narcotics (typically pain medications such as Percocet or Oxycontin) or medications with specific temperature storage requirements can not be accepted.
- All program medications must go through normal patient care channels.

 Medications can only be dispensed by a licensed pharmacist or by a licensed practitioner with prescribing authority.

"It will no doubt take some time to get the program fully up and running," Homar said. "We are working to build a distribution network with local pharmacists, physicians and healthcare facilities who have volunteered to support this effort."

"While this program does not offer a comprehensive prescription drug solution for Wyoming patients, it is a wonderful opportunity for sharing critical medication that might otherwise go to waste," Homar said.

For more information about the Medication Donation Program, contact the Office of Pharmacy Services at 307-777-6923 or toll free at 1-800-438-5785.

Homar also noted that some residents who are having trouble affording their medicines may benefit from the Prescription Drug Assistance Program, which is a separate, state-funded program designed to help low-income clients who do not categorically qualify for Medicaid with prescription costs. Eligibility for the program is determined by local Department of Family Services offices. For a list of how to contact these offices, please call 1-800-457-3659.

• FACT: Poor Adherence to Diabetes

Meds Linked with High Mortality: Two
new studies show that non-adherence
to medication is common among
recent myocardial infarction (MI)
patients and in those with diabetes,
resulting in higher mortality. Nonadherence in the MI study resulted in
an almost fourfold increase in the
death rate in the first year after hospital discharge, while the diabetes sufferers had almost a twofold increase
in mortality following noncompliance.
Arch Intern Med 2006: 166: 1842-1847.



STAFF

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